

**Thanks to the following companies for their support!**

**Podium Package**

Spartan Race ♦ Reaction Nutrition ♦ PANDORA Hawthorn Center  
Hylete Apparel ♦ Evolve Massage & Bodyworks ♦ Fashletics  
Atlas Power Wraps ♦ Fresh Thyme Market ♦ KitchFix | CJK Foods  
L'Appetito ♦ Midwest Facial Plastic Center ♦ Cameo Salon | Oakbrook  
Tiger Tail USA ♦ The Salon by David | Hinsdale ♦ Winnie's Rip Fix

**Competitor Registration Bags**

Carlson Laboratories ♦ ALO Drinks ♦ Atlas Power Wraps ♦ Barney Butter China Gel ♦ CreateMyTee  
Fashletics ♦ FOMO Active Wear ♦ Fresh Thyme Market ♦ Jimmy Bar ♦ Nowicki Chiropractic  
Skin Nourishment ♦ Two Fat Guys BBQ

**Exhibitors**

Evolve Massage & Bodyworks ♦ FOMO Active Wear ♦ Gym Hero Gear ♦ Two Fat Guys BBQ

**Volunteer Hospitality & Event Support**

Fresh Thyme Market ♦ RxBars ♦ FitAid ♦ WODLeader

**Workout #1 | Pick Two**

800m run + 2RM Thruster

*Run 800m and post a 2RM Thruster. Or, post a 2RM Thruster and Run 800m.*

*9 minute cap*

**Workout #2 | For Malaika**

*Complete as many rounds as possible in 7 minutes:*

7 Snatch (85# / 25# DB Single Arm Alternating Snatch)

14 Pull Ups / Hanging Knee Raises

28 Double Unders / 56 Singles

**Workout #3 | Pressure Cooker**

1000m Row

+

In the time remaining, complete as many rounds as possible of

10 KB Swings (50# / 30#)

20 Burpees

30 OH Plate Lunge Steps (35# / 15#)

*14 minute cap*

*All CrossFit Movement Standards Apply. Rx & Masters / Scaled.*

